STONE WAVE™

MICROWAVE COOKER

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STONE WAVE™

5 MINUTE RECIPES

STONE WAVE RECIPES

Remember, depending on the power of your microwave oven, cooking times may vary slightly.

POACHED EGGS

Put about ¼ teaspoon of water in the cooker. Crack an egg into the cooker. Add salt & pepper to taste if desired. Place on lid. Microwave for 20 seconds. *HERE'S THE TRICK…* Leave it in the microwave and wait 20 seconds to let it all set. Cook again for 20 more seconds and remove from microwave. If you want cheese, sprinkle finely shredded cheese on top as soon as it is done. Simply place lid back on for 45 seconds and the cheese will melt nicely. No need to place it back in the microwave.

Cooking tip… *Seasoning food with salt and pepper or other herbs and spices before cooking will make the food taste better than seasoning it after cooking.*

YOUR FAVORITE MICROWAVE RECIPE:

BAKED BANANA DESSERT

Ingredients:

1 teaspoon of coconut flavored rum or regular rum
½ teaspoon butter
½ teaspoon light brown sugar
¼ teaspoon cinnamon
1 teaspoon sliced almonds
1 peeled banana, sliced

Directions:
Combine all ingredients in Stone Wave and mix well. Put on the lid and cook in the microwave for 30 seconds. Add a topping such as ice cream, whipped cream, or chocolate sauce.

EGG OMELET

Crack 2 large-size eggs or egg whites from 3 large eggs (about ½ cup of egg whites) into the cooker. Whip them really well. *See tip below.* Place desired ingredients such as ***finely chopped*** mushrooms, onions, peppers, tomatoes, etc. into cooker. You may also add ***pre-cooked*** meats such as bacon, ham or sausage. Add salt and pepper to taste and mix well. If you want cheese, add about ¼ cup *(more if you want it really cheesy)* of ***finely shredded*** cheese of your choice on top of egg mixture. Do not mix the cheese into the egg mixture. It will melt nicely right into the omelet when cooking.

Put on the lid and cook in the microwave for 1½ minutes. Remove from microwave and check for doneness by inserting a fork into the center to make sure it is thoroughly cooked through. If it is still liquidy, continue cooking a little bit more until the texture is soft and fluffy.

Tip: *Make sure to whip the eggs really well with a fork or whisk before cooking. The more whipped the eggs are, the more soft and fluffy the finished omelet will be.*

Note: *If you use jumbo size eggs or 3 large eggs, add 30 to 40 seconds to cooking time. Always check for doneness by inserting a fork into the center to make sure it is not liquidy and thoroughly cooked through.*

BAKED APPLE CRISP DESSERT

Ingredients:

1 apple, cored and sliced into 8 -10 wedges.
(If desired, remove skin prior to coring and slicing.)

1 tablespoon water

½ teaspoon sugar

¼ teaspoon cinnamon

1 teaspoon butter

1 tablespoon unseasoned panko bread crumbs*

Directions:

Put apple wedges and the water into Stone Wave. Put the lid on and cook in the microwave for 2 minutes. Remove and drain apples in a strainer to remove excess liquid. Put cooked apples back in Stone Wave. Add the sugar, cinnamon and butter and mix well. Top with the bread crumbs, put the lid on and cook in the microwave for 1 minute. Remove the lid and it smells like fresh homemade apple pie right out of the oven. Top with vanilla ice cream or whipped cream for an apple delight, that is love at first bite.

**HERE'S THE TRICK FOR AN APPLE CRISP – PANKO BREAD CRUMBS…*
Panko is an airy Japanese bread crumb with a light, crunchy texture. It is now readily available in most supermarkets. Relative to regular bread-crumbs, panko has a more flake-like appearance and holds its crispy texture even in the microwave.

ZUCCHINI AND TOMATO SAUTE

Ingredients:

1 teaspoon olive oil

1 garlic clove, finely minced (best is through a garlic press to extract garlic juices)

½ cup zucchini cut into 1 inch dice

½ cup grape tomatoes

Salt and pepper to taste

¼ teaspoon dried basil

Directions:

Add all ingredients into Stone Wave. Put the lid on and cook in the microwave for 1½ minutes. You will hear the tomatoes popping which is normal. The juices will be released from the tomatoes for added flavor to the dish. Remove from the microwave and mix well.

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HONEY GLAZED CARROTS

Ingredients:
1 cup thinly sliced carrots
Salt and pepper to taste
1 teaspoon honey
1 teaspoon butter
½ teaspoon lemon juice
1 teaspoon fresh chopped parsley or dried parsley flakes

Directions:
Add carrots to Stone Wave. Sprinkle with salt and pepper. Put the lid on and cook in the microwave for 2 minutes. Remove and add the honey, butter and lemon juice. Mix well. Put the lid back on and cook in the microwave for 30 seconds. Remove and sprinkle the parsley on top.

THE BAKED ONION TRICK

Sautéing onions slowly on a low flame the regular way takes forever. But Stone Wave makes them even more flavorful and aromatic in just minutes.

Ingredients:
1 sweet onion
1 teaspoon butter
1 beef bouillon cube

Directions:
Peel the onion. Using a paring knife, cut out a cone-shaped piece from the core, going about ½ to 1/3 of the way down through the core. Do not core the onion all the way through. Then, make some cuts inside the hole going into the inside of the onion, without going through the outer skin. This will allow the seasonings to penetrate the onion and infuse it with flavor. Place the butter and then the bouillon cube into the hole. Pack it all down into the hole using the back of a spoon. Microwave for 4 minutes. Let it rest for 1 minute before handling. Carefully remove from the microwave - *mmmmm, smells heavenly*.
Remove the onion from the Stone Wave with a large spoon and place in a large bowl. Cut up the onion. Use it for meat toppings, or any recipe that calls for sautéed onions. Or make a fabulous onion soup right in Stone Wave. Here's the recipe:

FRENCH ONION SOUP - Place desired amount of cooked onions (from recipe above) in Stone Wave. Add room-temperature beef stock or beef broth to about ¼ inch from the top. Sprinkle in some grated parmesan cheese. Add a toasted baguette or some packaged seasoned croutons. Top with a slice of your favorite cheese such as gruyere, Swiss, provolone or mozzarella. Put on the lid and cook for 1½ minutes.

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FRESH TOMATO SAUCE

Ingredients:
1½ teaspoons finely chopped green pepper
1 tablespoon finely chopped onion
1 tablespoon tomato paste
1 tablespoon white wine
Salt and pepper to taste
1 vine-ripe fresh tomato
¼ teaspoon olive oil
1 garlic clove finely minced
¼ teaspoon dried oregano
½ teaspoon dried basil

Directions:
Put the first 5 ingredients into Stone Wave. Put on the lid and microwave for 1 minute. Remove and stir the mixture together. Using a paring knife, take the tomato and cut a cone shape piece through the core going about half way down through the core. Then, make some cuts inside the hole going into the inside of the tomato without going through the outer skin. Put the tomato into Stone Wave. Fill hole with the olive oil, garlic, oregano and basil. Microwave on high for 2½ minutes. Remove Stone Wave from the microwave. The tomato will be very hot. The skin should now be removed from the tomato. Using utensils such as a knife & fork or small tongs, remove the skin and discard. For easier handling, using a spoon, transfer the cooked tomato to a bowl. Cut up the tomato into chunks. Add the remaining mixture from the Stone Wave and mix well with the chopped tomato. Pour over pasta and enjoy!

***BASIL TIP**: In the produce section of many supermarkets, they sell basil in paste-like form in a tube that just squeezes right out. It's packed with great flavor and works great in this recipe instead of dried basil.*

SPICY SESAME GREEN BEANS

Ingredients:
¼ teaspoon Japanese sesame oil
¼ teaspoon rice wine vinegar
¼ teaspoon low sodium soy sauce
1 garlic clove, finely minced (best is through a garlic press to extract garlic juices)
½ teaspoon lemon juice
½ teaspoon sesame seeds
Pinch of red pepper flakes
1 cup fresh green beans, stringy ends removed
Pinch of salt

Directions:
Put the first 7 ingredients into Stone Wave and mix. Add the green beans and sprinkle with salt. Put the lid on and cook in the microwave for 1½ minutes.

GREEN BEANS ALMONDINE

Ingredients:

1 teaspoon olive oil

1 garlic clove finely minced (best is through a garlic press to extract garlic juices)

1 teaspoon red wine vinegar

1 tablespoon sliced almonds

1 cup fresh green beans, stringy ends removed

Salt and pepper to taste

Lemon wedge

Directions:

Add the olive oil, garlic, vinegar and almonds into Stone Wave and then add the green beans. Sprinkle with salt and pepper. Put the lid on and cook in the microwave for 1½ minutes for nice tender crisp beans. Squeeze lemon over the beans and mix well.

SHRIMP SCAMPI

Ingredients:

1 large garlic clove, minced

1 teaspoon butter

1 teaspoon white wine

Salt and pepper to taste

1 dozen large size shrimp, shelled and deveined

1 teaspoon fresh lemon juice

1/8 teaspoon dried oregano

1 teaspoon chopped parsley, fresh or dried

Directions:

Put the first 4 ingredients in the Stone Wave. Cook for 1 minute. *Wow! The aroma will want you to get that soft bread ready for dunking.* Remove from microwave. Add the shrimp, lemon juice and oregano and mix it all together. Put on the lid and cook in the microwave for 1 minute. Remove and check shrimp to make sure they are cooked through. They should be orange in color and opaque. If they are still translucent and undercooked, put back in and cook in 15 second intervals until totally cooked through. Sprinkle with parsley.

***Tip**: For a little kick, add a pinch of crushed red pepper flakes to the first 4 ingredients in the first step.*

CHOCOLATE SOUFFLE

Ingredients:
4 tablespoons flour
4 tablespoons sugar
1 heaping tablespoon cocoa powder
3 tablespoons milk
1¼ tablespoons vegetable oil
2 tablespoons of a whisked egg
A dash of vanilla extract
4 tablespoons semi-sweet chocolate chips

Directions:
Whisk all ingredients, except the chocolate chips, thoroughly in a medium size bowl. Add the chocolate chips and mix in with a spoon. Pour entire mixture into Stone Wave. Put on the lid. Cook in the microwave for 2¼ minutes (2:15). Top with ice cream, whipped cream, fresh fruit, frosting, or enjoy the soufflé by itself.

BROCCOLI GARLIC SAUTE

Ingredients:
1 teaspoon olive oil
1 thin slice of butter, about ½ teaspoon
1 garlic clove finely minced (best is through a garlic press to extract garlic juices)
1 cup fresh broccoli florets
Salt and pepper to taste
Lemon wedge
2 tablespoons of finely shredded cheddar cheese (optional)

Directions:
Add the oil, butter and garlic to Stone Wave. Then add the broccoli. Sprinkle with salt and pepper. Cook for 2 minutes. Squeeze juice from lemon over broccoli and mix well.

Tip: *For melted cheese, (if desired) after you remove the Stone Wave, remove the lid and sprinkle on the cheese. Simply put the lid back on for 1 minute to melt. No need to cook in microwave to melt the cheese.*

LOADED DICED POTATO

Ingredients:

1 teaspoon olive oil

1 garlic clove finely minced (best is through a garlic press to extract garlic juices)

1 potato peeled and cut into ½ inch dice

Salt and pepper to taste

Thin slice of butter, about ½ teaspoon

3 broccoli florets, cut up in small pieces

1 tablespoon of crumbled cooked bacon or bacon bits

3 tablespoons of finely shredded cheese such as cheddar or Monterey Jack.

Sour Cream

Dried chives

Directions:

Add the oil, garlic diced potatoes to Stone Wave. Sprinkle with salt and pepper. Put the lid on and cook in the microwave for 2½ minutes. Remove and mix well. Top with the butter, broccoli, and bacon. Put the lid back on and cook for 1 minute. Remove the lid and sprinkle on the cheese. Simply put the lid back on for 1 minute to melt cheese. No need to cook in the microwave to melt the cheese. Top with a dollop of sour cream and sprinkle with chives.

MAPLE SWEET POTATOES

Ingredients:

1 peeled sweet potato cut into 1 inch chunks

1 tablespoon good maple syrup

1 teaspoon butter

½ teaspoon fresh lemon juice

¼ teaspoon cinnamon

Salt and pepper to taste

1 teaspoon fresh or dried chopped parsley

Directions:

Put first 6 ingredients in Stone Wave and mix together. Cook for 3 minutes in the microwave. Potatoes may be very hot. Leave Stone Wave in the microwave to cool for 2 minutes. Remove from the microwave. Mix well. Sprinkle with parsley.

EGGPLANT PARMESAN

Ingredients:

1 medium size eggplant

Toppings for each eggplant slice

Salt and pepper to taste

1½ tablespoons tomato sauce

1¼ teaspoons seasoned panko bread crumbs

½ teaspoon grated parmesan cheese

1 tablespoon shredded mozzarella cheese

Directions:

Cut 2 thin slices 1/8" to ¼" thick crosswise from an eggplant. If desired, remove outer skin with a paring knife. Place a slice into Stone Wave so that it fits flat in the bottom of the cooker. Sprinkle with salt and pepper. Spoon tomato sauce over eggplant. Then, sprinkle on bread crumbs, grated parmesan cheese, and shredded mozzarella. Top with another eggplant slice and repeat the process. Put on the lid and cook in the microwave for 2 minutes. Let rest for 1 minute before removing lid.

HEALTHY VEGGIE CHILI

***HERE'S THE TRICK**...Use frozen vegetable crumbles* instead of ground beef. It has the same texture as ground beef and nobody will know the difference. Good chili is all about the flavor.*

Ingredients:

½ cup of canned tomatoes with green pepper and onion

¼ cup tomato sauce

½ cup frozen vegetable crumbles*

1/3 cup of canned red kidney beans

1 teaspoon chili powder

¼ teaspoon cumin

¼ teaspoon dried oregano

¼ teaspoon salt

¼ teaspoon sugar

½ teaspoon garlic powder

Pinch of cayenne pepper

Finely shredded cheese such as cheddar or Monterey Jack (optional)

Directions:

Mix all ingredients in the Stone Wave. Put on lid and cook in the microwave for 2½ minutes. For melted cheese, (if desired) after you remove the Stone Wave, remove the lid and sprinkle on 1½ tablespoons of finely shredded cheese. Simply put the lid back on for 1 minute to melt. No need to cook in microwave to melt the cheese.

Add your favorite toppings, such as chopped red onion, chopped tomatoes, shredded lettuce, sour cream.

**You can find the frozen vegetable crumbles in the frozen food section of the grocery store in the same case where they sell veggie burgers.*